



# OF HEART FAILURE

## A WHAT IS HEART FAILURE?

Your heart is actually a muscle and is one of the largest and most important organs in the human body. **Heart Failure** (also known as “congestive heart failure”) occurs when your heart does not pump blood as well as it should. **Heart failure** may be mild, moderate, or severe.

The following conditions may lead to or worsen heart failure:

- Heart disease &/or “heart attack”
- High blood pressure
- Diabetes
- Alcohol &/or tobacco abuse

## B DO I HAVE HEART FAILURE?

Top 5 signs of heart failure:

- Shortness of breath, especially upon exertion or lying down
- Tiredness &/or weakness
- Unexplained weight gain
- Swelling of feet and ankles
- “Racing” or irregular heartbeat

## C WHAT SHOULD I DO?

- Call 911 or your local emergency number for immediate help!
- If you have been diagnosed with **heart failure**, the following may be regularly practiced to improve the quality of your life (of course, under the direction of one’s health care provider):
  - Exercise.
  - Eat a “heart-healthy” diet.
  - Reduce dietary salt intake.
  - Manage stress; get the sleep your body needs.
  - Lose weight.
  - Take medication(s) as prescribed and directed by your doctor.